



# June Without Added Sugars A challenge for prevention or for awareness?

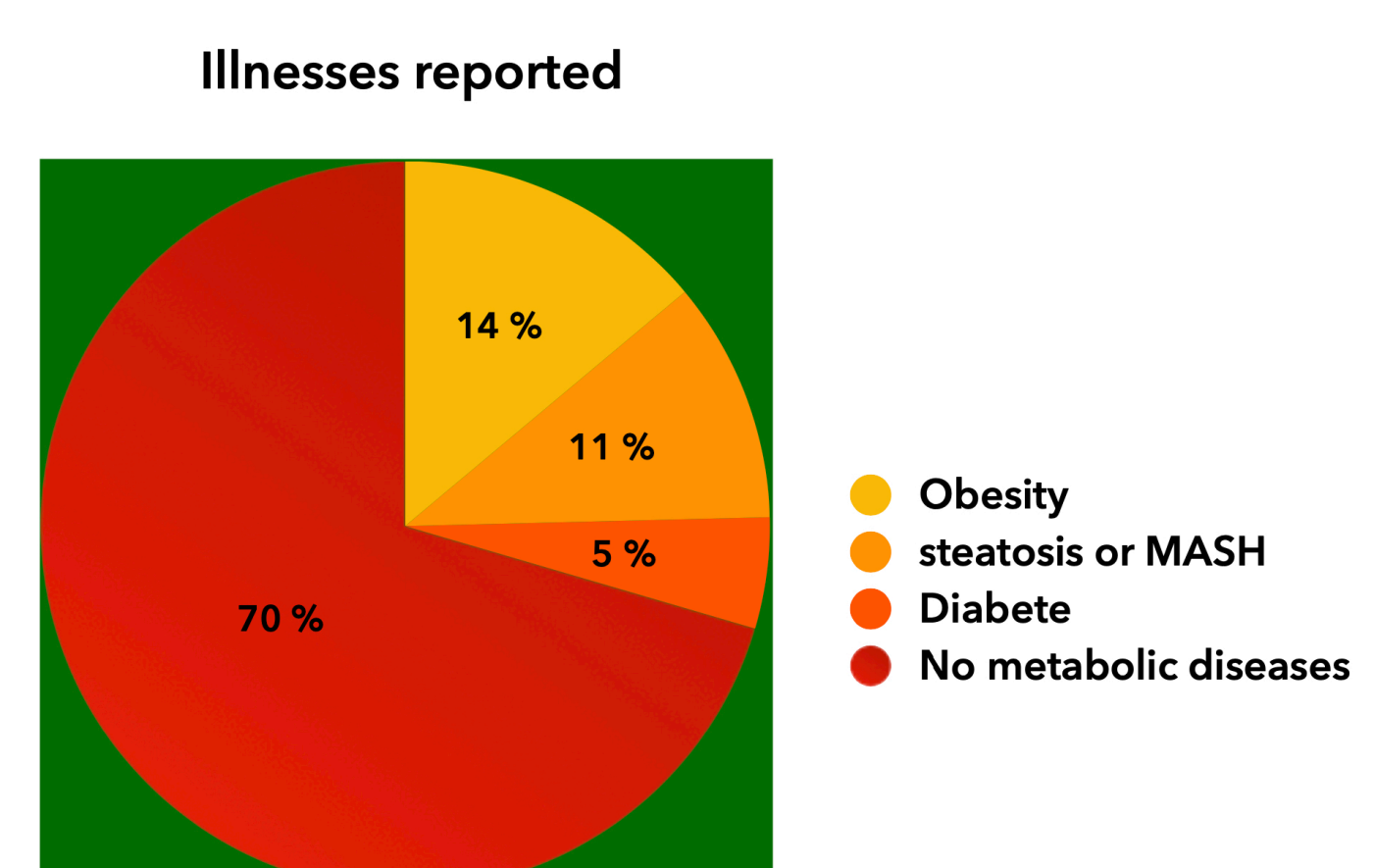
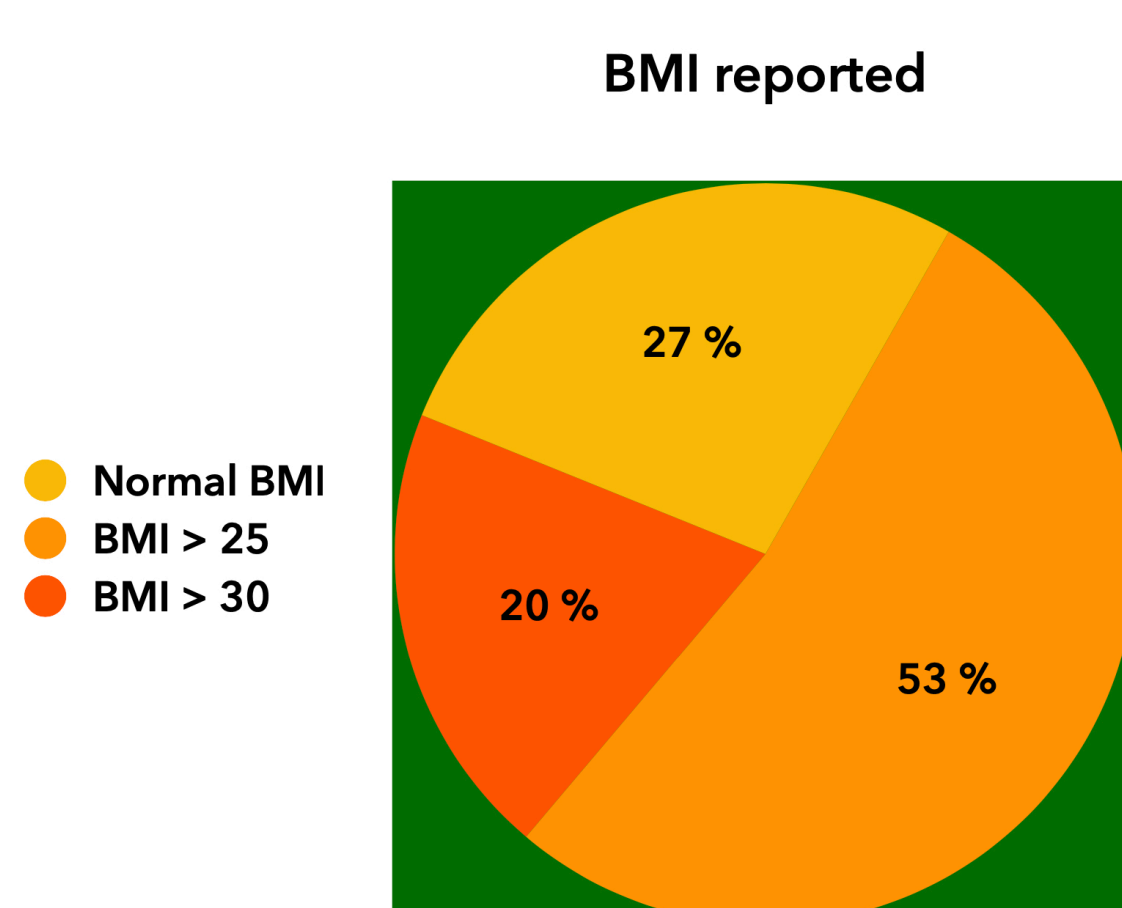
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**Objectives :** WHO predicts that by 2035 half the world's population will be overweight, with an increase in complications, particularly diabete, cardiovascular and liver diseases. Diet and sedentary lifestyles are the main causes. In 2023, SOS hépatites & maladies du foie has decided to launch a 1-month challenge to raise public awareness of excess sugar in the diet: #JuinSansSucresAjoutés (June without added sugar). The target with this challenge is to see if the participants do the challenge to get better or just to reduce sugar consumption which seemed too high to them.

**Methods :** The method is reported in a previous communication (JFHOD 2024 - CO. 060). In 2024, the challenge was presented via a web site, social networks (Facebook group) and supported by the ANGH (Association Nationale des Gastroentérologues des Hôpitaux généraux on its website and by mailing. Two questionnaires were offered to participants who registered on the challenge website. The first -at the beginning- included questions on health status, including BMI and motivations, while the second focused on difficulties experienced, results and plans to continue. Here we present results of the evaluation of factors favouring participants commitment.

**Results: 3500 people took part in the challenge** (10 times more than in 2023), of whom 2069 (59%) answered to the first questionnaires (92% women). On the starting line, loosing weight was the main objective of the participants with obesity or MASLD (60% for obesity, 54% for MASLD), while it was second objective in other participants : 37%. 14% reported obesity, actually they are 20%, so ¼ doesn't know his fat statut, perhaps they need informations. Interestingly, some participants (12%) reported difficulties to follow the challenge as if they were dealing with a real addiction, 8% even speak about craving.



Among the 844 responders to the final questionnaire, 2 groups could be distinguished : participants with or without metabolic syndrome (steatosis or MASH or obesity or diabetes: SOD group).

	Without metabolic syndrom (n=485)	SOD Group (n= 206)
Did the challenge every day	21 %	33 %
Completely stop or greatly reduced add sugars	16 %	27,5 %
Loose weight	33 %	37 %
Felt addicted	12,5 %	14 %
Want to continue the challenge beyond	45 %	61 %

**Discuss :** Targets are not the same for people with disease or not : loosing weight was the main objective in the SOD group but not in other participants. We will have to find a way to recruit more men for the next one, perhaps provide more information in advance. Finally, a very large majority of participants were satisfied with the challenge, with no difference between the two groups.

**Conclusion :** In conclusion, this challenge was a success with a raising number of participants, with a majority of women, who do not have the same objectives or the same level of commitment, depending on whether or not they have metabolic syndrome, works particularly well with people with metabolic syndrome. These promising results suggest that to repeat annually and extended, the operation as #DéfiDeJanvier (DryJanuray). Future studies also attempt to measure its consequences for health in the medium term.

